



Creamed-Corn Corn Bread

READY IN



45 min.

SERVINGS



9

CALORIES



168 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 8.8 ounce regular corn cream-style canned
- ☐ 0.3 cup egg substitute
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup cornmeal yellow

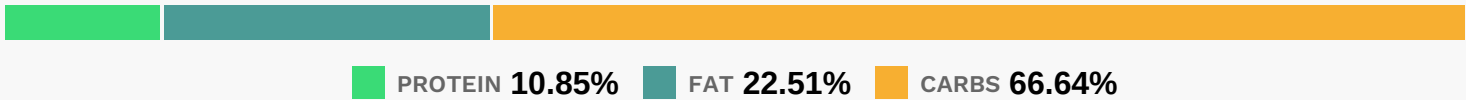
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a bowl; make a well in center of mixture.
- ☐ Combine milk and next 3 ingredients; stir well.
- ☐ Add to dry ingredients, stirring just until moistened.
- ☐ Place a 9-inch cast-iron skillet in a 450 oven for 5 minutes.
- ☐ Remove from oven; heavily coat skillet with cooking spray, and immediately spoon batter into skillet.
- ☐ Bake at 450 for 27 minutes or until a wooden pick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:37.65, Glycemic Load:15.04, Inflammation Score:-3, Nutrition Score:6.3269565364589%

Nutrients (% of daily need)

Calories: 168.3kcal (8.41%), Fat: 4.3g (6.61%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.37g (9.59%), Sugar: 3.69g (4.1%), Cholesterol: 0.61mg (0.2%), Sodium: 365.03mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Phosphorus: 120.92mg (12.09%), Calcium: 113.71mg (11.37%), Selenium: 7.87µg (11.25%), Vitamin B1: 0.16mg (10.72%), Manganese: 0.2mg (10.23%), Folate: 38.4µg (9.6%), Fiber: 2.28g (9.1%), Vitamin B2: 0.14mg (7.95%), Iron: 1.4mg (7.76%), Magnesium: 29.69mg (7.42%), Vitamin B6: 0.15mg (7.34%), Vitamin B3: 1.35mg (6.75%), Zinc: 0.92mg (6.16%), Vitamin K: 5.64µg (5.37%), Potassium: 153.58mg (4.39%), Vitamin B5: 0.38mg (3.84%), Copper: 0.07mg (3.71%), Vitamin E: 0.44mg (2.96%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.33µg (2.21%), Vitamin A: 77.05IU (1.54%), Vitamin C: 1.16mg (1.41%)